

Historic, Archive Document

Do not assume content reflects current
scientific knowledge, policies, or practices.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON D. C.

RELEASE FOR PUBLICATION
JANUARY 3, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:
:	:
:	Every meal -- Milk for children, bread for all.
:	:
:	:
:	Every day --
:	Two to four times a week --
:	Cereal in porridge or pudding : : Tomatoes for all
:	Potatoes : : Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children : : Eggs (especially for children)
:	A green or yellow vegetable : : Lean meat, fish, or poultry or
:	A fruit or additional vegetable : : cheese
:	Milk for all : :
:	:
:	:

CORN MEAL AS YOU LIKE IT

'Corn, to the Englishman, is not our corn but wheat. To the Scot it means oats. And to at least one Australian, traveling in America, our spoon corn bread proved to be "a farinaceous food" she had never heard of before. In fact, in other countries than America, "corn" is the name applied to the principal grain crop, whatever that may be. Indian corn, our corn, is native to the Americas.

In the United States today, we have more corn than we can use, although, as the Bureau of Home Economics of the U. S. Department of Agriculture points out, we still consume tons and tons of corn meal, as we always have. Some of it is "old process," or "waterground" meal, still so called because originally ground in

mills run by water power. But "waterground" meal is ground between millstones and in many places today there are mills which turn out stone-ground meal by steam or electric power. Especially in the country and in the South, it is still possible to get the "waterground" meal, which is in fact softer and richer in food value than the "new process" or bolted meal.

The "new process" grinds the meal between steel rollers or steel disks, and the product is more granular than the stone-ground meal. Its food value is less than the stone-ground meal because the "new process" takes out nearly all of the skin and the germ of the grain, which is left in the meal in the old process. Those are the parts of the grain which have most mineral and vitamin value, but the germ spoils rather quickly. The advantage of the "new process" meal is that it will keep longer than the old-fashioned product because the germ is "bolted" out.

When life was simpler, people used fewer and simpler foods. The corn- or maize-eating peoples added to the grain something to supply other kinds of nutriment in the same dish. Thus the mush-and-milk or "hasty pudding" of early New Englanders constituted actually the best kind of combination of food values we know how to obtain in any two foods. So also the hoecake and buttermilk of the South. Natives of Jamaica mix corn meal, salt fish, and lard to make their "stamp-and-go." Mexicans add meat and peppers and onion to make tamales. Italians added cheese or tomato or gravy, or perhaps all three, to their "polenta" made of mush and milk. Our grandmothers taught the meat packers and the butcher shops of today how to add ground meat to corn meal mush to make what we enjoy as scrapple. In all those combinations, protein, minerals, fats, and some vitamins are added to a food which itself is chiefly starch. The Italians, adding tomatoes and cheese and meat, make actually a full rounded meal in their "polenta."

As would be expected in a land as big and as varied as the United States, corn, which grows everywhere, finds favorite uses more or less peculiar to different sections of the country. If you come from the South, you want your corn pone or your hoe cake, made with sour milk or buttermilk. If you are a Northerner, you like your mush-and-milk, or your Indian pudding, and you make this latter with yellow meal, milk, and molasses. But there are dozens of other ways to use corn meal.

The Bureau of Home Economics furnishes some three dozen corn meal recipes--and they range all the way from plain mush to Indian meal doughnuts, corn meal fig pudding, and gingerbread. Some of the cheapest are crackling bread, raised corn meal muffins, corn meal mush with meat, polenta, and Indian pudding.

The Mexican tamale is also cheap--made of scalded meal or mush, with chopped meat (usually chicken) and red peppers, with onion or garlic. This mixture is folded and tied into corn husks which have been softened in hot water, and the tamale is then boiled. A variation of this is tamale pie.

LOW-COST MENU FOR ONE DAY

Breakfast

Oatmeal - Toast
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Tamale Pie
Bread and Butter
Hot Tea (adults)--Milk (children)
Stewed Prunes

Supper

Hashed Brown Potatoes
Hot Biscuits--Jelly, jam, or
sirup
Milk for all.

RECIPES

Scrapple

Select 3 pounds of bony pieces of pork. Simmer in 3 quarts of water until the meat drops from the bone. Strain off the broth, remove the bone, taking care to get out all the tiny pieces, and chop the meat fine. There should be about 2

quarts of broth, and if necessary add water to make this quantity. Bring the broth to the boiling point, slowly add 2 cups of corn meal, cook the mixture until it is thick mush, and stir almost constantly. Add the chopped meat, salt, and any other seasoning desired, such as onion juice, sage, and thyme. Pour the hot scrapple into oblong enamelware pans which have been rinsed with cold water. Let stand until cold and firm, slice, and brown in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.

Polenta

This dish, which is common in Italy, differs little, except in name, from corn-meal mush, though it is served in very different ways. Sometimes cheese is added during the cooking. Polenta is often reheated either with tomato sauce or a meat gravy left over from a meal, or with a meat gravy made from a small amount of meat bought for the purpose, or with half tomato sauce and half meat gravy. In any case, the dish is improved by sprinkling the cooked polenta with cheese. When the polenta is to be reheated in gravy, it is well to cut it into small pieces in order that the gravy may be well distributed through the dish.

Tamale Pie

2 cups corn meal	1 onion, chopped
2 teaspoons salt	1 pound ground beef
2 cups cold water	1 cup canned tomatoes
4 cups boiling water	1/2 teaspoon salt
1 ounce suet	1/8 teaspoon pepper

Mix the corn meal, salt and cold water, until smooth, add the boiling water, stirring constantly, then cook over hot water for 1 hour. Render the suet and cook the onion in the fat for a few minutes, add the beef and the tomato and simmer until the red color disappears from the meat. Season with salt and pepper. Place a layer of the mush in a greased baking dish, add the meat mixture and cover with the rest of the mush. Bake in a moderately hot oven (375° F.) about 30 minutes or until the mush is lightly browned. Serve from the dish.

Salt Pork Spoon Bread

Chop or grind 1/4 pound salt pork. Then try out the fat until the cracklings are slightly brown. Cook 1 cup of corn meal with 2 cups of water, stirring constantly. Add to this 1 cup of milk (fresh milk, or evaporated or dried milk made up with water), then the fried salt pork, fat and all. If possible, add 1 or 2 beaten eggs. Pour into a well-greased hot pan or baking dish and bake for 40 to 50 minutes in a hot oven. Or bake in a skillet on top of the stove in a thinner layer.

Baked Indian Pudding

1 quart milk	1/2 cup molasses
1/3 cup yellow corn meal	1/2 to 1 teaspoon ginger
1 teaspoon salt	

Cook the milk, corn meal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven (about 300° F.) for 2 hours. Serve hot with vanilla ice cream, or chill and serve with cream.

INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON D C

RELEASE FOR PUBLICATION
JANUARY 10, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	:			
:	Every meal -- Milk for children, bread for all.	:		
:	:	:		
:	Every day --	Two to four times a week --	:	
:	Cereal in porridge or pudding	:	Tomatoes for all	:
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:	:	:
:	:	:	:	:

THE IMPORTANCE OF CHEESE

To use plenty of cheese is one way to use more milk. It is true that cheese does not contain all the food values of milk, but it does contain most of them. And cheese will keep where milk will not. It can be used in ways that milk cannot.

These are points to keep in mind, says the Bureau of Home Economics of the U. S. Department of Agriculture, especially if your food budget is a small one. They are one reason why the Government is buying great quantities of cheese to distribute free to needy families. Government agents are now beginning to make these purchases with money allotted from relief appropriations, and the cheese they buy will be distributed by the Federal Emergency Relief Administration to State emergency relief administrations who will use it in their respective jurisdictions.

This will be whole-milk cheese, known commonly as just plain American cheese, though it is much like the English cheddar, and that name is used in the official definition under which the Pure Food law is applied. One stage of this cheesemaking process is called "cheddaring," after the English village of Cheddar where this kind of cheese has been made for more than a hundred years. Other kinds of cheese are made in this country, but not in such quantity as the American cheddar cheese. All this cheese distributed will be the processed kind and will be put up in half-pound packages.

Cheese, the Bureau of Home Economics reminds us, is not just something to season or flavor something else-- a condiment, or accessory. Whole-milk cheese is a substantial food in itself, good in a main dish on a meatless day, for example, because it contains many of the same food values as meat, and other values besides. It is rich in protein, fat, calcium, and phosphorus, and in vitamin A-- in other words, it contains the chief food values of whole milk.

There are, however, certain things to remember about cheese, if you would enjoy it most. It is a very concentrated food, and too much of it should not be eaten at one time. It should be eaten at a meal with a fruit or a vegetable or both. Whole-milk cheese is very rich in fat; therefore, it should be eaten with very little if any other fat.

Because cheese contains so much protein, it should be cooked at very low temperature. In fact, most cheese dishes should be cooked over water, or in a very slow oven.

The food value of cheese, as well as its flavor, makes it a valuable addition to many an oven dish, to a cream sauce, and to various soups. An onion soup, for instance, made with meat stock, and served with toasted bread on top and grated hard cheese over the toast, makes a delicious and likewise a very nutritious lunch, indeed a very substantial part of any meal.



Macaroni, or rice, or noodles, scalloped with tomatoes and cheese, makes a full meal in one dish. The Italian "polenta," made of corn meal mush and often served with tomatoes and cheese, is much like this in food value. A casserole of mixed vegetables, enriched by grated cheese over the top, can be another one-dish meal.

Corn rabbit, tomato rabbit, golden buck, cheese fondue, English monkey, creamed cheese on toast, are variations of the familiar Welsh rabbit, for which there are probably as many recipes as there are cooks who make it. Some Welsh rabbit recipes call for eggs, but this is an extravagance in food value as well as in money cost, because cheese duplicates the most important of the egg nutrients. The eggs, however, do give a flavor and texture that many people prefer. Tomato rabbit, or "ringtum diddy," is practically a whole-meal dish because of the cheese, tomato, and toast combination. Cheese toast and cheese dreams-- which are plain cheese sandwiches browned in fat-- are quick and easy ways to provide a substantial lunch or supper dish.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children.

Bread	12 - 16 lbs.
Flour	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . .	2 $\frac{1}{2}$ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Cereal (cracked wheat) - Toast
Tomato Juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Scalloped Cabbage, Spaghetti, and Cheese
Stewed Apricots - Cornbread
Milk for children

Supper

Hashed Brown Potatoes
Stewed Tomatoes - Bread & Butter
Milk for all

RECIPES

Tomato Rabbit

2 tablespoons butter or other fat
1/2 small onion, chopped
2 tablespoons flour

1/2 pound cheese, shaved thin
Salt and pepper
1 pint canned tomatoes

Cook the onions in the fat for a few minutes and stir in the flour. Gradually add the tomatoes and cook until the mixture thickens. Add the cheese, stir until it melts, and keep the heat very low. Season to taste with salt and pepper, and serve at once on crisp toast or crackers.

A quick way to make this rabbit is to use canned tomato soup, instead of the canned tomatoes which must be thickened. In this case brown the onion in a little fat, add the tomato soup, and when hot add the cheese. Stir until the cheese is melted and the mixture smooth. Use a 10-ounce can of soup to 3/4 pound of cheese, or more cheese if desired. This dish is often called "ringtum diddy."

Scalloped Cabbage, Spaghetti, and Cheese

1 1/2 cups spaghetti broken in
small pieces
3 tablespoons flour
3 tablespoons butter or other fat
2 cups milk

1 teaspoon salt
1/2 pound American cheese
1 quart shredded cabbage
1 cup buttered bread crumbs

Cook the spaghetti in boiling salted water for 20 minutes, and drain. Make a sauce of the flour, fat, milk, and salt. Shave up the cheese, add to the hot sauce, and stir until melted. Put the cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with the buttered bread crumbs. Bake 20 to 30 minutes in a moderate oven.



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



RELEASE FOR PUBLICATION
JANUARY 17, 1934 (WEDNESDAY)

WASHINGTON D C

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry or
cheese

LIVER - ESPECIALLY PORK LIVER

Pigs go to market at this time of year, though not, of course, of their own free will and accord as they went in the nursery rhyme. They go because they have reached just the best market size and "finish," as the meat men say. That means their age is a little under a year, their weight as a rule from 200 to 250 pounds.

Now the age and "finish" of the pig that furnishes the pork you buy is important also in its effect on the pork liver which you may very well buy if you are looking for unusually valuable food at low cost. Pork liver, lamb liver, and beef liver are much cheaper than calf liver as a rule, but their food value is very much the same, and where there is a conspicuous difference in price it is well to consider what makes that difference. Is it quality, or an artificial demand, a cultivated notion of the superiority of calf liver?



To large extent it is an artificial demand. Calf liver is unquestionably good, the demand has been stimulated, and the price is up accordingly. But the "goodness" of good liver seems to depend, first of all, on the age of the animal. A calf is young. But so is a yearling pig, a lamb, and even a young steer, and their livers also may be tender and delicate in flavor--always assuming they are used fresh. Pig and lamb liver especially are entitled to a wider appreciation than they get.

Your enjoyment of any liver, however, will depend partly upon how it is cooked. Many people like it best when broiled or sauteed. Like all protein foods, liver should be cooked with low heat, and for as short a time as possible to get it "done." But pork liver, like all pork, should be served well-done. For older and less tender liver, experts recommend scalding before cooking.

Liver is an economical meat because there is no bone and very little waste. And liver that would not be tender enough for broiling can be used by resorting to the same methods that are used with the less tender and cheaper cuts of other meat--namely, braising, grinding or chopping and creaming, making into hash, or into croquettes or a loaf.

In common with other kinds of liver, pork liver is rich in iron and copper, which make good red blood. It is a good source of vitamin A, and it contains some of both vitamin B and vitamin G. All this besides its protein content.

Liver is an excellent meat for lunches, especially the children's school lunches. Chopped cooked liver with chopped pickle, or with chopped onion make a good sandwich filling. Liver scalloped or creamed with macaroni is a good hot dish for the lunch that is served at school.

Braised liver in tomatoes, scalloped liver and potatoes, liver hash browned, liver and rice loaf, creamed liver with ham or salt pork offer attractive possibilities for meals either at home or at the school cafeteria.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE
including two adults and three children

Bread.....	12 - 16 lbs.
Flour.....	1 - 2 "
Cereal	4 - 6 "
Whole fresh milk, or	23 - 28 qts.
Evaporated milk.....	25 - 31 tall cans
Potatoes.....	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits.....	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.....	2 1/2 "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs.....	5 - 7 "
Eggs (for children).....	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Rolled Oats - Raisins
Tomato Juice for Youngest Child
Coffee (adults) - Milk (children)

Dinner

Braised Liver with Tomatoes
Fried Potatoes
Cornmeal Griddle Cakes - Molasses
Milk for all

Supper

Bean Soup
Apple and Cabbage Salad
Whole Wheat Bread and Butter
Milk for all.

RECIPES

Braised Liver with Tomatoes

Dip the slices of liver in flour, brown in fat, then cover with canned tomatoes which have been slightly thickened. Season with onion and salt (also chopped green pepper if desired), cover the pan, and cook slowly for 15 or 20 minutes, or until tender.

Liver and Bacon

1/2 pound sliced bacon
1 pound sliced liver
Salt

Pepper
Flour
Parsley

Cook the bacon slowly in a frying pan. As soon as it is delicately browned and crisp, drain on paper, and keep warm. Wipe the liver, sprinkle the pieces of liver with salt and pepper, dip in flour, and cook in the bacon fat at moderate heat until the liver is lightly browned. Serve surrounded by the crisp bacon on a hot platter. For gravy, reserve 2 tablespoons of the fat, add 2 tablespoons of flour, and 1-1/2 cups milk or cold water, and stir constantly until thickened. Season with salt, pepper, and a little minced onion. Serve hot with the liver and bacon.

Liver and Rice Loaf

1/2 cup rice	1 cup chopped celery
4 cups boiling water	1/4 cup chopped parsley
1 pound sliced liver	2 tablespoons flour
2 tablespoons fat	1 cup tomatoes, canned or fresh
1 small onion, chopped fine	2 teaspoons salt

Cook the rice until tender in boiling water and do not drain; but let the rice absorb the water so as to form a sticky mass which will act as a binder for the loaf. Wipe the liver with a damp cloth. Sprinkle the liver with salt and flour, and cook in the fat in a frying pan for about 3 minutes. Remove the liver, and grind or chop it very fine. Cook the onion, celery, and parsley in the drippings for a few minutes, add the flour and tomatoes, and stir briskly until thickened. Then mix all the ingredients until thoroughly blended, and bake for about 30 minutes in a moderate oven (350° F.)

Creamed Liver

Wipe the liver and remove the skin. In a moderately hot frying pan, greased with a small piece of fat, cook the liver slowly, then cut it into small pieces. Return it to the pan, add some bits of crisped salt pork, or bacon, or left-over ham. Sprinkle with flour (about a tablespoonful for a pound of liver), add milk gradually, and stir until smooth and thickened. Serve on crisp thin toast.

Scalloped Liver and Whole Wheat

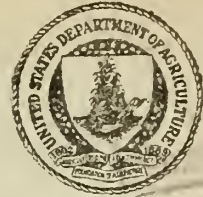
4 slices bacon	1/2 pound liver
1 onion, sliced	2 cups cooked whole wheat
Salt	Tabasco sauce
Pepper	1/2 cup hot water
Flour	

Fry the bacon until crisp, remove it and brown the onion in the fat. Push the onions to one side of the frying pan. Salt, pepper, and lightly flour the liver and fry it slowly in the bacon fat until the red color disappears, turning it frequently. Cut up the liver and bacon, mix with the onion, add more salt if needed, and a few drops of tabasco sauce. Make a layer of the wheat in a greased baking dish. Add the liver mixture and continue to alternate the layers until all the ingredients are used. Pour the water around the sides of the dish, cover, and heat about 30 minutes. Serve from the dish.

-----P-----



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON D C

RELEASE FOR PUBLICATION
JANUARY 24, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:		
:	Every meal -- Milk for children, bread for all.	:	
:	:	:	
:	1 very day --	Two to four times a week --	:
:	Cereal in porridge or pudding :	Tomatoes for all	:
:	Potatoes	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children:	Eggs (especially for children)	:
:	A green or yellow vegetable	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable :	cheese	:
:	Milk for all	:	:
:	:	:	:

MORE ABOUT SCHOOL LUNCHES

"Keep the school child growing." A hot lunch every day will help to do that, says Dr. Louise Stanley, chief of the Bureau of Home Economics of the U.S. Department of Agriculture, and now after years of urging, by educators and civic welfare workers, the hot lunch idea for schools is spreading rapidly. Last winter, for instance, mothers, teachers, county nurses, and extension workers saw to it that hot lunches were served to the children in many of the rural schools in some 35 States. This winter the number of such schools is much greater. City schools, too, are doing it on a bigger scale than ever.

Nor do the benefits stop when the child's immediate needs are satisfied. If the lunches are properly planned and supervised, the child learns the principles of good diet, and forms good food habits which will be useful all through his life. And often the school lunch literally saves the lives of some of those



undernourished children that are to be found nowadays in many of our public schools.

The school lunch program in a rural community is often carried on by the Farm Bureau women, or by the 4-H clubs of girls and boys. Sometimes a parent-teachers' organization, or some other local group, is the sponsor and the supervisor. In some schools the older children operate the lunch room as a part of their school work in "food for health" courses. Sometimes the hot-lunch service is made to furnish employment by putting it in charge of some capable woman who is out of work. Nowadays Federal funds are available for such a program where the need is shown.

In some schools the teachers or the school nurses make a special point of providing hot lunches for the children who are under weight. The extension workers' reports show striking results in the number of children brought up to normal weight after a few months of nourishing food at midday--44 children in a class of 58, in one case. Some reports show something else. "About the first of January," says one, "it is very difficult to get children to eat all the lunch they bring from home--always the same old sandwiches, they complain." Worse than that, says another, the home-packed lunches have been known to contain nothing more than cold griddle cakes, or cold hard biscuit. One lunch consisted of sliced bread with lard between.

The hot lunch idea is carried out sometimes by supplying the whole lunch at school, sometimes by supplying just one hot dish and milk to supplement the lunch that is brought from home. Space and equipment at the school determine this, for there must be not only a stove and cooking utensils, knives and forks and spoons and dishes and napkins for the children, but there must be plenty of hot water for washing dishes and for the general cleaning up. Even with plenty of hot water, it is a good idea to use paper cups and dishes for the children so far as is possible, with paper napkins in any case, so that everything may be burned after using.

There must be a place to keep food supplies--a cool, dry, clean place which can be used for such purposes, despite the fact that nothing of this kind was in anybody's mind when most of the present schools were built.



Strictly sanitary handling of the food, and thorough cleanliness wherever it is stored and served are points to be guarded carefully, for makeshift conditions of any sort where food is concerned create a serious danger of spreading disease. The school lunch itself should be planned with reference to the means of serving each particular dish with the utmost sanitary precautions.

Whatever the scope of the lunch plan, however, there is always the question of what to serve, and the Bureau of Home Economics accordingly offers a few suggestions. They are not "fussy" dishes, or hard to make. They are inexpensive, and they can be prepared and served with the simplest of equipment.

Cream soups and chowders are good, as everybody knows, because they are made with milk and can be made so rich in food values. They can be made without elaborate equipment and served with just bowl, spoon, and paper napkin for each child. Bean soup, oatmeal and potato soup, mixed vegetable soup made with meat stock or with milk, cream soups of all kinds--tomato, split pea, cabbage, carrot, spinach, corn, turnip, onion, celery, peanut butter--are in this list. Fish chowder, vegetable chowder, corn chowder, and whole wheat chowder, also.

Other dishes which are almost a meal in themselves are Spanish rice, tomato rabbit, corn rabbit, or tomato, corn and cheese, creamed canned salmon, creamed vegetables, or creamed mixtures of vegetables or vegetables and meat. These can be served on crackers instead of toast, and the cream sauce can always be made richer by adding grated cheese. Then there is creamed chipped beef, with boiled potatoes. If there is an oven available, scalloped dishes are good--for example, cabbage and apples; cabbage, spaghetti and cheese; onions in tomato sauce; scalloped salmon; potatoes with tomatoes; sweetpotatoes and apples; liver and whole wheat; liver and potatoes; shepherd's pie; or a casserole of mixed vegetables with breadcrumbs on top.

Raw shredded cabbage, and carrot sticks or turnip sticks, are cheap and appetizing additions when the hot dish is a soup or chowder or anything in cream sauce. Apples, bananas and oranges and other fresh fruits in season, of course. Canned sliced peaches or pineapple are among the best and cheapest of the canned fruits. Prunes, raisins, and apricots are useful for variety as well as for the iron they contain and for their vitamins.

For school lunch menus, the bureau suggests the following--a two week's list, which can be repeated or shifted about as desired.

MENUS FOR HOT SCHOOL LUNCHES

Cream of mixed vegetable soup
Cheese sandwiches
Cookies
Milk
Spanish rice (top of stove)
Hard rolls
Cocoa made with milk

Whole wheat chowder
Peanut butter sandwiches
Canned apple sauce
Milk

Creamed hard-cooked eggs
Cabbage and pineapple salad
Bread and butter
Milk

Tomato soup
Minced ham sandwiches
Milk

Tomato rabbit on crackers
Raw apple
Milk

Creamed carrots and peas
Graham crackers
Bananas
Milk

Vegetable soup (made with meat stock)
Cottage cheese with raisins
Bread and butter
Milk

Meat and vegetable stew
Jelly sandwiches
Milk

Fish chowder
Whole wheat bread and butter
Canned sliced peaches
Milk



U. S. DEPARTMENT OF AGRICULTURE
OFFICE OF INFORMATION
PRESS SERVICE



WASHINGTON D C

RELEASE OR PUBLICATION
JANUARY 31, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:
:	:
:	Every meal -- Milk for children, bread for all.
:	:
:	:
:	Every day --
:	Two to four times a week --
:Cereal in porridge or pudding	: Tomatoes for all
:Potatoes	: Dried beans and peas or peanuts
:Tomatoes (or oranges) for children	: Eggs (especially for children)
:A green or yellow vegetable	: Lean meat, fish, or poultry or
:A fruit or additional vegetable	: cheese
:Milk for all	:
:	:

CANNED BEEF AS THE CENTER OF A ONE-DISH MEAL

The most economical and most satisfactory way to use canned beef, says the Bureau of Home Economics of the U. S. Department of Agriculture, is to make it the center of a one-dish meal. But you wonder, don't you, why the bureau is talking about canned beef when there is so much fresh beef to be had? Here is one good reason:

More canned beef will be eaten in the United States this winter and for some months to come than in many a long day past. Many farm families will eat canned beef because they have put up their own beef for the purpose. City families will buy it as usual -- canned corned beef, theirs probably is, for this is the kind of canned beef chiefly sold in the grocery stores. Then there are thousands of other families, in the cities and in the country, who will have canned beef now because

the Government is providing it for distribution through state agencies to needy people. This beef was bought by the Government from cattle farmers, it was canned according to quality specifications by the Government, and it will be given free to families on the relief rolls.

So there is a reason for talking just now about the uses of canned beef. Canned roast beef, by the way, is the trade name for the product when it is not corned. It is Government inspected fresh beef which is cooked, canned, and sterilized under steam pressure by the most approved canning processes. You don't see much of this in the stores -- the commercial packing houses sell their output chiefly to the lunch room and soda fountain trade, for sandwiches. If you ask for canned beef in your corner grocery, you are likely to get the canned corned beef mentioned above.

When you buy canned corned beef you are doubtless thinking not only of the good hash it will make but of the convenience of using it. You can get raw corned beef, of course, and the price per pound is much less than the canned. But it takes probably 2 pounds of raw corned beef to equal the solid pound of canned corned beef. The canned beef, moreover, is already cooked, and that will save fuel when you come to use it. This saving is considerable, for where it takes 3 or 4 hours to roast or boil a piece of fresh beef, it takes only half an hour or less to heat the canned product thoroughly. If to that you add the saving which comes in top-of-the-stove cooking -- which can be used for most of the one-dish meals -- you have still further economy in the preparation of your meal.

But there is this point to remember about the one-dish meal when you are using canned beef: Because your meat is already cooked, you cook your vegetables first. Then add the canned beef, heat the mixture thoroughly, and serve it piping hot.

The meat cookery specialists of the bureau have worked out half a dozen recipes using canned beef, and those recipes are given below. In every case you can substitute meat left-overs for the canned beef. The same directions will apply.

WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY
of five including two adults and
three children

Bread	12 - 16 lbs.
Flour	1 - 2 lbs.
Cereal	4 - 6 lbs.
Whole fresh milk, or	23 - 28 quarts
Evaporated milk	25 - 31 tall cans
Potatoes	15 - 20 lbs.
Dried beans, peas, peanut butter	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.	2½ "
Sugar and molasses	3 "
Lean meat, fish, cheese, and eggs	5 - 7 "
Eggs (for children)	8 eggs

LOW-COST MENU FOR ONE DAY

Breakfast

Cracked Whole Wheat Porridge - Top Milk
Tomato juice for youngest child
Coffee (adults) - Milk (children)

Dinner

Panned Cabbage and Corned Beef
Browned Sweetpotato Slices
Rye Bread and Butter
Milk for all

Supper

Corn Chowder - Crackers
Raw Carrot Sticks
Raisin Cookies
Tea (adults) - Milk (children)

RECIPES

Panned Cabbage and Corned Beef

Heat 3 tablespoons of fat in a large pan, add 3 quarts shredded cabbage, cover to keep in the steam, and cook for 10 to 15 minutes, stirring frequently. Add 1 pint canned corned beef, separated in small pieces, and heat thoroughly. Season to taste with salt, pepper, and a little vinegar.

Browned Hash

To 1 quart mashed potatoes, add 1 pint chopped canned beef, 1 finely chopped onion, and seasonings to taste, and mix thoroughly. Mold into flat cakes and fry slowly on both sides until crusty. Or spread the mixture in an even layer in a greased frying pan and cook slowly until well browned.

Hot Beef and Onion Sandwich

Cook 1 pint sliced onions tender in 3 cups boiling salted water. Thicken with flour mixed with cold water and cook several minutes longer. Stir in 1 pint cut-up canned beef and heat thoroughly. Season to taste with salt and pepper. Use as the filling for hot sandwiches with bread or hot biscuit.

Beef and Vegetable Stew with Dumplings

Cook about 2 quarts sliced vegetables in 1 quart salted water until tender. Onions, turnips, and carrots are a good combination. Thicken slightly with flour mixed with cold water. Add 1 pint cut-up canned beef. Season to taste. For dumplings use half the recipe below for dough on pie, but use proportionately more liquid (about one cup). Drop by spoonful over the stew, cover tightly to hold in steam, and cook for 15 to 20 minutes.

Beef and Turnip Pie

Cook 1 quart diced turnips tender in 1 quart boiling salted water. Thicken with flour mixed with cold water. Add 1 pint cut-up canned beef, and pour into a shallow pan or baking dish. Cover with dough and bake in a hot oven.

For this dough, sift 1 quart of flour with 1-1/2 teaspoon salt and 2 table-spoons baking powder. Work in 4 tablespoons of fat. Add enough liquid (water, or fresh milk, or dried or evaporated milk made up with water) about 1-1/2 cups, to make a soft dough. Roll out or pat the dough about 3/4 inch thick. Cover the pie with the sheet of dough, or cut it into biscuits and place them close together over the top of the beef and turnip mixture.

Beef Scallop

Cook 1 cup rice and mix with it 2 to 3 cups canned tomatoes, 1 pint cut-up canned beef, and a sliced onion. Season to taste with salt and pepper. Bake slowly in a shallow pan until the mixture thickens. Or in place of the rice use cooked hominy, hominy grits, macaroni, spaghetti, noodles, or cracked or whole wheat.

